

ABSTRACT OF THE DISCLOSURE

An exercising device includes a main frame, a support frame pivotally mounted on the main frame, and an arc-shaped rocking bar fixed on the main frame. Thus, the rocking bar is arc-shaped so as to satisfy the ergonomic design, so that the user can operate the exercising device in a comfortable and safe manner. In addition, the user can operate the exercising device easily and conveniently, thereby facilitating the user operating the exercising device.